

“We’ve been retired two years
and I just found out my
husband has gambled away all
our retirement savings.”

—68-year-old Helpline caller.

Eighty-three percent of
Minnesotans age 55 to 64
gambled last year.*

“My mother no longer has
time for her grandchildren
because she gambles so much.”

—Helpline caller concerned about her
71-year-old mother.

“In time, you’ll find
you can laugh again.
And life becomes
incredibly better.”

—Anonymous Helpline caller.

(800)333-HOPE

or visit www.nojudgment.com

This information is available in other forms to
people with disabilities by contacting us at
(651) 431-2225 (voice). TTY/TDD users can call the
Minnesota Relay at 711 or (800) 627-3529. For the
Speech-to-Speech Relay, call (877) 627-3848.

Minnesota Department of **Human Services**

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OLDER MINNESOTANS AND GAMBLING:

**Fun. Games.
And Risk.**

Minnesota Department of **Human Services**



Gambling isn't what it used to be.

Gambling is more accessible, and more socially acceptable, than ever before. Gaming destinations are marketed as inviting, climate-controlled places to spend time with friends. Like everyone, however, seniors need to understand the risks involved with gambling. If you think you, or someone you know, may be developing a problem, seek assistance. Problem gambling is a serious issue. The good news? There's hope and there's help.

Good people can still have bad problems.

For most people, gambling is a fun social or recreational activity. But for some, it ceases to be mere fun and games.

Even with a lifetime of knowledge and experience on their side, older adults can easily find themselves battling a gambling problem. And for those relying on fixed incomes or retirement savings, that can be devastating.

But by being aware of the warning signs, and with the help of those around them, seniors can ensure their gambling stays healthy or identify a problem before it gets out of hand.

Signs of a Gambling Problem

- Increased amounts of money gambled
- Neglecting family and friends
- Preoccupation with gambling and money
- Borrowing money
- Mood swings
- Isolation, withdrawal, secretive behavior
- Chasing losses
- Dishonesty or lying

It takes more than willpower.

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Tips for Gambling Wisely

- Avoid gambling alone — recreational gambling is usually done with others.
- Set limits on how often and for how long you gamble. Regularly exceeding your own boundaries is a sure sign of trouble.
- Set limits on how much money you will gamble. Gambling money should be budgeted just like other entertainment expenses.
- Expect the benefit of gambling to be recreation, because it rarely results in financial gain.